

2018 FALL Swimming Lessons



Personal Lessons

Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$38 per half hour for 1 student.

Want to add an additional student that is the same skill ability? You can add another student for an extra \$13 per class.

PERSONAL LESSON REFUND POLICY: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

TRANSFER POLICY: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.

Lessons for 6 month - 4 year-olds

Class	Day	Time	Dates	# Classes	Cost	Barcode
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old	Monday	11:30am	9/10-10/22	7	\$52.50	185286
	Tuesday	6:30pm	9/4-10/23	8	\$60.00	185294
	Wednesday	11:30am	9/5-10/24	8	\$60.00	185296
	Wednesday	6:30pm	9/5-10/24	8	\$60.00	185298
	Thursday*	5:00pm	9/6-10/25	7	\$52.50	185292
	Friday	11:30am	9/7-10/26	8	\$60.00	185284
	Saturday	10:00am	9/8-10/27	8	\$60.00	185288
	Saturday	3:00pm	9/8-10/27	8	\$60.00	185290
	Monday**	11:30am	10/29-12/17	7	\$52.50	185287
	Tuesday	6:30pm	10/30-12/18	8	\$60.00	185295
	Wednesday	11:30am	10/31-12/19	8	\$60.00	185297
	Wednesday	6:30pm	10/31-12/19	8	\$60.00	185299
	Thursday***	5:00pm	11/1-12/20	7	\$52.50	185293
	Friday***	11:30am	11/2-12/21	7	\$52.50	185285
	Saturday	10:00am	11/3-12/22	8	\$60.00	185289
	Saturday	3:00pm	11/3-12/22	8	\$60.00	185291

*No lesson 9/13

**No Lesson 11/12

***No Lesson 11/22, 11/23



Seattle
Parks & Recreation

Evans Pool SUMMER Swim Lessons

Lessons for 3 year-olds only

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Clas-</u>	<u>Cost</u>	<u>Barcode</u>
3 Year Old Lessons	Monday	11:00am	9/10-10/22	7	\$91.00	185357
	Monday	6:30pm	9/10-10/22	7	\$91.00	185361
	Tuesday	3:30pm	9/4-10/23	8	\$104.00	185403
	Tuesday	6:30pm	9/4-10/23	8	\$104.00	185405
	Wednesday	11:00am	9/5-10/24	8	\$104.00	185407
	Wednesday	6:30pm	9/5-10/24	8	\$104.00	185409
	Thursday*	3:30pm	9/6-10/25	7	\$91.00	185399
	Thursday*	5:00pm	9/6-10/25	7	\$91.00	185401
	Friday	11:00am	9/7-10/26	8	\$104.00	185310
	Friday	3:30pm	9/7-10/26	8	\$104.00	185312
	Saturday	10:00am	9/8-10/27	8	\$104.00	185378
	Saturday	12:00pm	9/8-10/27	8	\$104.00	185385
	Saturday	12:30pm	9/8-10/27	8	\$104.00	185389
	Saturday	1:00pm	9/8-10/27	8	\$104.00	185373
	Monday**	11:00am	10/29-12/17	7	\$91.00	185360
	Monday**	6:30pm	10/29-12/17	7	\$91.00	185363
	Tuesday	3:30pm	10/30-12/18	8	\$104.00	185404
	Tuesday	6:30pm	10/30-12/18	8	\$104.00	185406
	Wednesday	11:00am	10/31-12/19	8	\$104.00	185408
	Wednesday	6:30pm	10/31-12/19	8	\$104.00	185410
	Thursday***	3:30pm	11/1-12/20	7	\$91.00	185400
	Thursday***	5:00pm	11/1-12/20	7	\$91.00	185402
	Friday***	11:00am	11/2-12/21	7	\$91.00	185311
	Friday***	3:30pm	11/2-12/21	7	\$91.00	185331
	Saturday	10:00am	11/3-12/22	8	\$104.00	185382
	Saturday	12:00pm	11/3-12/22	8	\$104.00	185387
	Saturday	12:30pm	11/3-12/22	8	\$104.00	185390
	Saturday	1:00pm	11/3-12/22	8	\$104.00	185374

Lessons for 4 - 5 year-olds

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Barcode</u>
Kinder (All Skill levels) 4 & 5 Years Old	Monday	6:30pm	9/10-10/22	7	\$63.00	185269
	Tuesday	11:00am	9/4-10/23	8	\$72.00	185277
	Tuesday	4:00pm	9/4-10/23	8	\$72.00	185279
	Wednesday	6:30pm	9/5-10/24	8	\$72.00	185281
	Thursday*	11:00am	9/6-10/25	7	\$63.00	185273
	Thursday*	4:00pm	9/6-10/25	7	\$63.00	185275
	Saturday	10:30am	9/8-10/27	8	\$72.00	185271
	Monday**	6:30pm	10/29-12/17	7	\$63.00	185270
	Tuesday	11:00am	10/30-12/18	8	\$72.00	185278
	Tuesday	4:00pm	10/30-12/18	8	\$72.00	185280
	Wednesday	6:30pm	10/31-12/19	8	\$72.00	185282
	Thursday***	11:00am	11/1-12/20	7	\$63.00	185274
	Thursday***	4:00pm	11/1-12/20	7	\$63.00	185276
	Saturday	10:30am	11/3-12/22	8	\$72.00	185272

Family Lessons 4-10 years old

Family Lessons	Saturday	2:30pm	9/8-10/27	8	\$60.00	185267
	Saturday	2:30pm	11/3-12/22	8	\$60.00	185268

*No lesson 9/13

**No Lesson 11/12

***No Lesson 11/22, 11/23

Evans Pool SUMMER Swim Lessons

Lessons for 6 - 16 years old

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Clas- ses</u>	<u>Cost</u>	<u>Barcode</u>
Beginning Swimmer 6-16 Years old	Monday	7:00pm	9/10-10/22	7	\$52.50	185253
	Tuesday	4:30pm	9/4-10/23	8	\$60.00	185261
	Tuesday	5:00pm	9/4-10/23	8	\$60.00	185263
	Wednesday	7:00pm	9/5-10/24	8	\$60.00	185265
	Thursday*	4:30pm	9/6-10/25	7	\$52.50	185257
	Thursday*	6:30pm	9/6-10/25	7	\$52.50	185259
	Saturday	11:00am	9/8-10/27	8	\$60.00	185255
	Monday**	7:00pm	10/29-10/17	7	\$52.50	185254
	Tuesday	4:30pm	10/30-12/18	8	\$60.00	185262
	Tuesday	5:00pm	10/30-12/18	8	\$60.00	185264
	Wednesday	7:00pm	10/31-12/19	8	\$60.00	185266
	Thursday***	4:30pm	11/1-12/20	7	\$52.50	185258
	Thursday***	6:30pm	11/1-12/20	7	\$52.50	185260
	Saturday	11:00am	11/3-12/22	8	\$60.00	185256
Advanced Swimmer 6-16 Years old	Monday	7:30pm	9/10-10/22	7	\$52.50	185002
	Tuesday	6:30pm	9/4-10/23	8	\$60.00	185142
	Wednesday	7:30pm	9/5-10/24	8	\$60.00	185144
	Thursday*	5:00pm	9/6-10/25	7	\$52.50	185140
	Saturday	11:30am	9/8-10/27	8	\$60.00	185005
	Monday**	7:30pm	10/29-12/17	7	\$52.50	185003
	Tuesday	6:30pm	10/30-12/18	8	\$60.00	185143
	Wednesday	7:30pm	10/31-12/19	8	\$60.00	185145
	Thursday***	5:00pm	11/1-12/20	7	\$52.50	185141
	Saturday	11:30am	11/3-12/22	8	\$60.00	185004
Pre-Competition 6 - 17 Years old	Monday	7:30pm	9/10-10/22	7	\$52.50	185300
	Wednesday	7:30pm	9/5-10/24	8	\$60.00	185304
	Saturday	11:30am	9/8-10/27	8	\$60.00	185302
	Monday**	7:30pm	10/29-12/17	7	\$52.50	185301
	Wednesday	7:30pm	10/31-12/19	8	\$60.00	185305
	Saturday	11:30am	11/3-12/22	8	\$60.00	185303
Special Populations (6-17 Years old)	Saturday	2:30pm	9/8-10/27	8	\$60.00	185306
	Saturday	3:00pm	9/8-10/27	8	\$60.00	185308
	Saturday	2:30pm	11/3-12/22	8	\$60.00	185307
	Saturday	3:00pm	11/3-12/22	8	\$60.00	185309

Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	9/10-10/22	7	\$52.50	184994
	Tuesday	11:30am	9/4-10/23	8	\$60.00	184996
	Wednesday	8:00pm	9/5-10/24	8	\$60.00	184998
	Thursday*	11:30am	9/6-10/25	7	\$52.50	185000
	Monday**	8:00pm	10/29-12/17	7	\$52.50	184995
	Tuesday	11:30am	10/30-12/18	8	\$60.00	184997
	Wednesday	8:00pm	10/31-12/19	8	\$60.00	184999
	Thursday***	11:30am	11/1-12/20	7	\$52.50	185001
Northwest Lgt Prep class	Tu/Thu	7-8pm	10/16&10/18	2	\$45.00	185283
Lifeguard Training	Saturday	2-6pm	9/15-10/27	7	\$160.00	184850
Lifeguard Training	Saturday	2-6pm	11/10-12/22	7	\$160.00	184851
Lifeguard Review	Saturday	11am-9pm	3-Nov	1	\$135.00	184852
Lifeguard Review	Saturday	10am-8:30pm	29-Dec	1	\$135.00	184853

*No lesson 9/13

**No Lesson 11/12

***No Lesson 11/22, 11/23

Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Parent & Child Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Pre-Competition (Ages: 6 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water. Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.